

Tudor smells

Life in Tudor England could be a bit whiffy! Just think – no flushing toilets and no hot running water! People didn't wash themselves or their clothes nearly as often as we do now, so things could get a little smelly.

Rich Tudors had a cunning plan though...

To combat the 'bad smells' the wealthy would buy **Pomander Beads** from the Apothecary.

Pomander beads were made with dried herbs and spices and stuck together with resin to make a hard bead that could be put inside lockets or pomanders, just like this one.



Learn how to make your own sweet smelling pomander on the next page!

Did you know the Tudors believed 'bad smells' harmed your health?

We know now that it wasn't the smells but the waste which made people ill! All of that rubbish brought rats and fleas who were the carriers of many diseases.

No wonder they spent so much money on their pomanders!



Make your own Pomander!



You will need:

- An orange
- Toothpicks
- Whole cloves
- Colourful ribbons

1. To start, plan what pattern you want to make on your pomander. You can create swirls and diamonds, and any other shapes! Then draw your pattern on your orange using a washable marker to use as a guide.

2. Use the toothpick to pole holes in your orange, following the lines you have drawn. How many holes you poke depends on how many cloves you want to put in your orange. If you want lots of cloves, put the holes close together.

3. Once you have finished, use the holes you have created to push the cloves into the orange skin.

4.



Now tie a ribbon around your pomander, and it is ready to go! You can leave it on a table or windowsill, or use your ribbon to hang it up!